



## Chelmarsh Sailing Club Risk Assessment: OWS

Date of Assessment: 30-Mar-23

Assessed by: David Bibby, Terry Gumbley, Richard Woods

Area of Assessment:

Open Water Swimming

|   |                  |   | SEVERITY of HARM (S)                        |   |  |   |   |
|---|------------------|---|---|---|--|---|---|
|   |                  |   | 1<br>Minor<br>harm<br><i>(minor injury)</i> | 2<br>Slightly<br>harmful<br><i>(incapacitated<br/>for up to 3<br/>days)</i> | 3<br>Harmful<br><i>(incapacitated<br/>for over 3<br/>days)</i> | 4<br>Major<br>harm<br><i>(eg loss of<br/>sight, broken<br/>limbs)</i> | 5<br>Extreme<br>harm<br><i>(fatality or<br/>fatalities)</i> |
|   |                  |   | LIKELIHOOD                                  | 1   | Highly<br>unlikely   | 1   | 2   |
| 2 | Unlikely         | 2 |   | 4   | 6  | 8   | 10  |
| 3 | Possible         | 3 |   | 6   | 9  | 12  | 15  |
| 4 | Likely           | 4 |   | 8   | 12   | 16  | 20  |
| 5 | Highly<br>likely | 5 |   | 10  | 15   | 20  | 25  |



# Chelmarsh Sailing Club

| Activity | Hazards  | Before Control Measures |          |      | Control Measures in Place   | After Control Measures |          |      | Further Action Required?  | Related procedures                         |
|----------|--|-------------------------|----------|------|---|------------------------|----------|------|---|--|
|          |  | Likelihood              | Severity | Risk |   | Likelihood             | Severity | Risk |   |  |
| General  | Weils Disease (and other water bourne pathogens) | 2                       | 4        | 8    | Cuts to be covered by waterproof plasters<br>Water users to avoid water ingestion if in reservoir<br>Water users encouraged to wash hand before eating and shower at end of day<br>Known issues to the advised on club notice boards and social media via H&S Officer<br>Instructors to brief students of risks   | 1                      | 4        | 4    | How do outbreaks in other local water systems get communicated? |  |
| General  | Medical Emergency                                | 2                       | 5        | 10   | Safety SUP on water with trained personel available<br>Emergency procederes are displayed in clubhouse Swim Manager?(Senior Instructor or Officer of Day) to lead incident response<br>List of trained club first aiders maintained and displayed on club notice boards - Swim Manager ensures First Aider on site<br>Telephone and emergency contact details displayed by phones in clubhouse (in bar and by carpark door) | 2                      | 4        | 8    | Club EP overriding  | Chelmarsh Sailing Club Emergency procedure |
| Swimming | Drowning   | 3                       | 5        | 15   | SUPs on water manned by trained personnel (minimum WoW course or equivalent basic first aid Instruction in torpedo Buouy use and First Aid certificates where achieved)<br>Compulsory using of swim float<br>All swimmers have competency assessed by NOWCA and understand risks and safety procvedures<br>Swim Manager and Safety crew as SOP  | 1                      | 5        | 5    | No  | Chelmarsh Sailing Club OWS SOP             |



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|          |  | Likelihood              | Severity | Risk |  | Likelihood             | Severity | Risk |   |                                   |
| Swimming | Objects in the water on the bottom leading to injury or entrapment | 3                       | 3        | 9    | Briefing by swim manager: Caution to be taken when treading with bare feet, Only used authorised entry and exit points provided<br>Avoid known risk areas that should be marked as higher risk<br>Manager/safety check from land and SUP for safe swimming course prior to opening                       | 2                      | 3        | 6    | Consider if matting eg fake grass needed for entry exit points or VersaDock or consider mandatory footwear. | Chelmarsh Sailing Club<br>OWS SOP |
| Swimming | Hypothermia  | 2                       | 4        | 8    | Everyone to wear wetsuits or have OW acclimatisation experience.<br>No swimming below 12 degrees without wetsuit.<br>Warm clothing available for supervisors during session and emergency blanket for swimmers post swim<br>Instructor brief students on appropriate clothing and dangers of hypothermia | 1                      | 3        | 3    | No  | Chelmarsh Sailing Club<br>OWS SOP |
| Swimming | Hyperthermia   | 1                       | 4        | 4    | Swim Manager check water temp before session and brief swimmers on appropriate clothing and dangers of hypo/hyperthermia<br>No wetsuit use in unlikely event of water temp >25   | 1                      | 3        | 3    | No  | Chelmarsh Sailing Club<br>OWS SOP |
| Swimming | Water Quality- Illne   | 1                       | 4        | 4    | It is understood that the lake water is from natural untreated sources. Any perceived risk (eg algae etc) will be reported to users and all users must report any adverse event potentially related to water quality   | 1                      | 4        | 4    | No  | Chelmarsh Sailing Club<br>OWS SOP |



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|          |  | Likelihood              | Severity | Risk |  | Likelihood             | Severity | Risk |                          |                                   |
| Swimming | Other Swimmers<br>Crashing into other swimmers | 2                       | 3        | 6    | Follow swim designated route / brief swimmers before they swim & ask them to follow venue rules at all times   | 1                      | 3        | 3    | No                       | Chelmarsh Sailing Club<br>OWS SOP |
| Swimming | Safety SUP<br>Bumping into Swimmer             | 1                       | 3        | 3    | SUPs are chosen as safer than powered craft and softer than other craft SUP safety to keep and steer away from swimmers and to maintain a position outside of the swim zones   | 1                      | 3        | 3    |                          | Chelmarsh Sailing Club<br>OWS SOP |
| Swimming | Being caught out on own in open water          | 2                       | 4        | 8    | Scan in and out of water with NOWCA iD tag, swim with a person who knows you are in the water, Observation (Rescue personnel scanning drill – taught on lifeguard courses) from safety personnel. Only NOWCA members or profiled guests allowed to swim with NOWCA wristband.<br><b>NO LONE SWIMMING PERMITTED</b> | 1                      | 3        | 3    |                          | Chelmarsh Sailing Club<br>OWS SOP |



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|----------|-------------------------------------|-------------------------|----------|------|--|------------------------|----------|------|--|--------------------------------|
|          |                                     | Likelihood              | Severity | Risk |  | Likelihood             | Severity | Risk |  |                                |
| Swimming | Panic                               | 2                       | 4        | 8    | Attend a NOWCA Open Water Course or safety briefing before swim to learn how to relax and stay confident. Swimmers must be able to demonstrate that they are capable of completing each designated distance within the lake before being allowed to progress. Only competent swimmers are allowed to go into the water. As part of the swimmers rules set out in NOWCA rules and advised to each swimmer they must swim in the water with a swimming partner (where possible) who can raise the alarm if the other swimmer gets in trouble or has not exited the water for any reason. They do not have to be close together but aware where the other swimmer is and what they are doing. | 1                      | 3        | 3    |  | Chelmarsh Sailing Club OWS SOP |
| Swimming | Cuts from entering water/ infection | 1                       | 3        | 3    | Ask swimmers to be careful when entering and exiting. Wash all cuts with clean cold water and clean with an antibacterial wipe before applying a sterile dressing such as a plaster. Ensure recorded in the accident log-book. Regular check of entry and exit areas where swimmers enter exit. Advise swimmer to monitor and seek medical attention if any bleeding, discolouration, redness, sensitivity or pain persists.   | 1                      | 3        | 3    | consider entry lane temporary cover (roll of fake grass) | Chelmarsh Sailing Club OWS SOP |



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|          |  | Likelihood              | Severity | Risk |  | Likelihood             | Severity | Risk |  |                                |
| Swimming | Covid Transmission of virus through person-to-person contact/ catching from someone contagious | 3                       | 5        | 15   | Pre-booking of sessions only to avoid money handling contact, restricted numbers staggering entry every 10 minutes, waiting line marked out 2 meter apart, one at a time entry and exit, only outdoor spaces to be utilised (changing and building closed except for toilet and emergency hot shower), staff and lifeguards to have access to facemasks and eye protection whilst on site alongside their regular safety-kit (lifejacket) No shared equipment. | 1                      | 5        | 5    | Consider max numbers on site, including numbers on shore within gov guideline 6, time slots and how to manage numbers of people with current Government guidelines | Chelmarsh Sailing Club OWS SOP |
| Swimming | Covid Transmission of virus through contact with surfaces                                      | 2                       | 5        | 10   | All changing to be done in the open on the bank where people can maintain distance, no shared equipment. Covicidal sprays and hand sanitisers to be available at swim manager station  | 1                      | 5        | 5    |  | Chelmarsh Sailing Club OWS SOP |



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|          |                    | Likelihood              | Severity | Risk |   | Likelihood             | Severity | Risk |   |                                |
| Swimming | Covid Transmission | 2                       | 5        | 10   | One on-water lifeguard for courses 400m and under, extra lifeguard on water when 750m courses open. Numbers monitored and fixed to ensure on water lifeguards can safely manage swimmers in a controlled area. Separate coaching area to be set out to allow for a trained coach to co-currently provide introduction courses to new swimmers to ensure their ability in open water. It will be made clear that we reserve the right to refuse water entry to anyone that we feel does not have adequate swimming ability and as such might be a danger to themselves, our members and other swimmers. In the instance of rescue lifeguards are instructed in the first instance to provide long-tow rescue as trained using torpedo buoys and throw ropes. If short-tow is required they must ensure as per their training that the casualty is facing away. | 1                      | 5        | 5    | Social distancing with SUP rescue. Torpedo buoys mentioned but detail reqd: Training to include covid procedures for SUP rescue | Chelmarsh Sailing Club OWS SOP |